



# 2016 Public Reporting of Outcomes

**LEWISGALE HOSPITAL PULASKI  
CANCER COMMITTEE**

# A STEP ABOVE...

LewisGale Hospital Pulaski continues to strive to be a step above what is expected from our local community. We want to continue to be involved in the essential work of improving and maintaining the health of our community.

The 2016 Community Health Assessment was completed in May 2016. This assessment helps to identify the strengths and resources available in the community to meet the appropriate needs of the public. The assessment focuses on the capabilities of the community, including its citizens, agencies and organizations.

Cancer screening increases the chances of detecting certain cancers early, when they are the most likely to be curable

We are dedicated to decreasing the incidence of cancer through early detection and outreach education as well as supporting those touched by cancer. LewisGale Hospital Pulaski provides the community with information needed to understand the role that self-examination, early detection and adoption of risk reducing lifestyle habits play in both preventing and treating cancer.

LewisGale Hospital Pulaski is now excited to offer High Dose Brachytherapy to our local community. Patients treated at this facility must travel a great distance for cancer treatment. Offering this service in our community will help lift the transportation barrier for many patients.

We are proud to service our community and the surrounding areas by offering the most up to date cancer treatment options, cancer prevention programs, and cancer screenings.



the preservation  
of *health* is easier  
than the *cure* of  
the disease.



HEALTH  
SCREENINGS



CANCER  
PREVENTION

## HDRT

means

High Dose Radiation Therapy

# September 22, 2016 “Survive and Thrive” Smoking Prevention for Elementary Students



In the State of Virginia, lung cancer has increased to a peak of 71.3 per 100,000 in 2003 before declining to 59.4 cases per 100,000 in 2011. The decline in lung cancer incidence in Virginia is similar to the nationwide decline. However U.S. teen smoking rates have dipped below 10 percent, but public health advocates worry that progress may soon level off, as other surveys suggest teens think light smoking is safe, and e-cigarette use is on the rise.

Prevention to school age children in our community would further position LewisGale Hospital Pulaski as an integral health partner in the community and will help us to:

- Provide a valuable smoking and lung cancer prevention to the Pulaski County public.
- Strengthen the relationship with the Pulaski County School System and Pulaski County Government Services by partnering with them for the Annual Survive and Thrive Event.

The Cancer Center at LewisGale Hospital Pulaski participated in the 2016 Survive & Thrive Event on September 22, 2016. This event started with fifth graders arriving from surrounding elementary school to take part in the event. The students rotated between different stations learning about emergency preparedness and survival.

Each student was given a pre-test and post-test to evaluate the success of prevention.

The following are the results of the prevention program.

Number of Students: 127

Number of Pre-test submitted: 127

Number of Post-test submitted: 87

Results from test: (Correct answers)	Pre	Post
Can you get cancer from being around someone who smokes?	93%	88%
What part of your body does smoking hurt?	24%	55%
Why is cigarette smoking so bad for you?	49%	76%
If someone in your family smokes, should you tell them to stop?	97%	98%
What kind of cancer can you get from smoking?	33%	79%

Students do not initially understand the risk of smoking or being around others who smoke. With the post-test increase in correct answers we know that students receiving this information are now more informed on the dangers of smoking. This was a successful event.

**Prevention Is Better Than Cure.  
Especially When Something Has**

**No Cure.**

## CANCER SCREENING:

### October 25, 2016 – Cancer Awareness Health Fair & Screening



Our Cancer Awareness Health Fair is our way to help support the needs of our community. This event is held in the fall of the year, not only to help educate the community on the prevention of cancer but to offer free cancer screenings to assist in early detection. Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure.

This event was held on Tuesday, October 25, 2016 at LewisGale Hospital Pulaski. This event was advertised in the community.

### Free Screenings

- Skin Cancer
- Breast Exams
- Prostate Cancer- PSA and DRE
- Cervical Cancer- PAP/pelvic exam
- Colon Cancer- provided Fecal Occult Blood Test
- Blood Pressure

Screening	Total Screenings	Abnormal Results	Observation Only
Skin Screening	40	22 – See Derm	6
Breast	21	7 Abnormal Breast Exams	
Prostate	11	2 elevated PSA	
Cervix	13	2 Abnormal Exams	0 Abnormal Pap smears
Colons	28	1	
Blood Pressure	42		
Total Screenings	155	34	6

## Information Tables available

- Palliative Care
- Lung Cancer
- Nutrition
- Colon Cancer
- Rehabilitation Services

“They may forget what you said but they will never forget how you made them feel.”

-Carl W. Buechner

## **2016 QUALITY IMPROVEMENT**

**HIGH DOSE RATE BRACHYTHERAPY NOW OFFERED AT  
LEWISGALE HOSPITAL PULASKI**



**HIGH DOSE RATE BRACHYTHERAPY**

## WHERE WE ARE

- 2 Varian C-Series linear accelerators (ca 2005 and 2010)
  - Intensity Modulated Radiotherapy (IMRT)
  - Volumetric Modulated Radiotherapy (VMAT)
  - Stereotactic Ablative Radiotherapy (SABR) or Stereotactic Body Radiotherapy (SBRT)
  - Distributed treatment planning server
  - Modulated electron treatments with custom milled bolus
- Low Dose Rate (LDR) brachytherapy for early stage prostate therapy
  - Full 3D intraoperative planning
  - 3D pre and post planning with TPS
  - Transperineal biopsy package now available on Variseed® v9.0

Brachytherapy can be used to treat these areas:

## SKIN BRACHYTHERAPY

- Basal cell carcinoma
- Squamous cell carcinoma
- Paget's Disease (plesiotherapy)
- Keloids
- Cutaneous T-cell lymphoma

## Breast Brachytherapy



### HDR FOR GYNECOLOGIC MALIGNANCIES

- Locally advanced cervical cancer
- Endometrial cancer
- Isolated vaginal cuff recurrence
- Primary vaginal/vulva cancer
- Emergency treatment for bleeding due to cervical cancer

### OTHER AREAS

- Endobronchial Primary: HDR can be an option for the treatment of these lesions as monotherapy or as a boost to conventional EBRT
- Palliative therapy: HDR can be used for palliation of obstructive pneumonia and hemoptysis, or both.
- Esophageal: HDR can be used on early stage cancers as sole modality or as a boost.
- Sarcoma: HDR can be used directly following surgery for the treatment of Sarcoma.

## The Cancer Care Team at LewisGale Hospital Pulaski

*Our core team consists of two Radiation Oncologists, a Medical Oncologist, a Director, six Radiation Therapists, three PRN Radiation Therapists, two Dosimetrists, a Physicists, two Oncology certified RNs, six RNs, a LPN, two Oncology Nurse Navigator and Palliative Care Coordinators, one Tumor Registrar, two Office Systems Specialist, and a Patient Benefit Representative.*

*In addition to our core team, with our nurse navigator and palliative care programs, onsite dietician services and genetic counseling, our cancer center provides support and guidance in taking care of not just an individual but their families as well.*

*Our team strives to treat everyone who enters our center with respect and compassion, to give the greatest quality of care while maintaining high standards in integrity, accountability, and excellence.*